



To the State of Connecticut Education Committee,

3/5/2012

This testimony is in favor of H.B. 5354 (RAISED) AN ACT CONCERNING ATHLETIC DIRECTORS AND INCORPORATING PHYSICAL ACTIVITY INTO THE SCHOOL DAY.

Healthy Enfield is a community organization working together to improve health, fitness and the well being of all community members. We believe that people who live healthier lifestyles will experience the benefits of improved physical, mental and social health. Healthy Enfield has over 100 members including members from local schools, the North Central District Health Department, Enfield Social Services and Youth Services, and the WIC Program among many other community organizations and businesses.

Along with a healthy diet consisting of vegetables, fruits, lean protein and low glycemic carbohydrates, physical fitness is of utmost importance in maintaining a healthy body weight and body mass index (BMI). Research shows that kids who take breaks from their class work to be physically active during the school day are often better able to concentrate on their school work and may do better on standardized tests. The passing of H.B. 5354 would be a win-win situation for everyone.

Healthy Enfield enthusiastically endorses H.B. 5354 which promotes at least 20 minutes of physical activity daily for children in grades K-5. Implementing this policy change will help to eradicate the growing epidemic of childhood obesity in Connecticut.

Respectfully Submitted,

Abbie Vita, Healthy Enfield Co-Coordinator & Physical Activity Referral Subcommittee Chair